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A MAGAZINE

Yoga and Herbal Teas

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TEA COMPETITION

SUMMER/AUTUMN 2009

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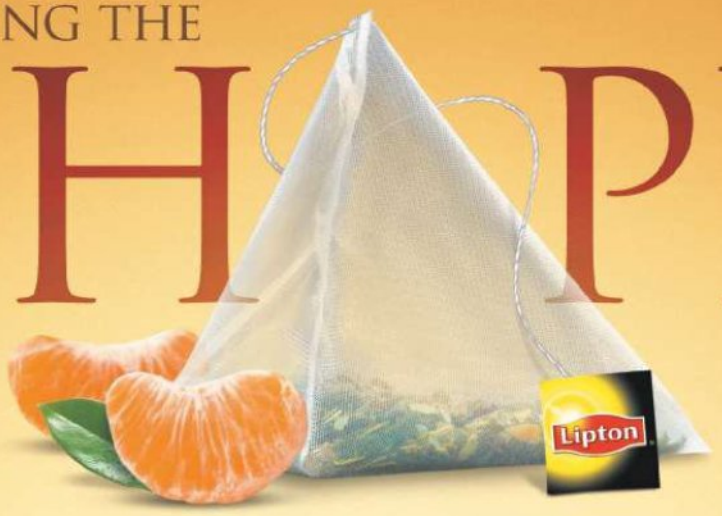

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TEA

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2009 New England Culinary Tea Competition

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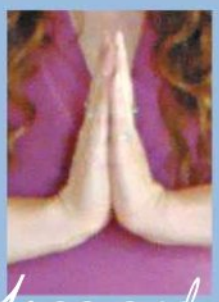

Yoga and Herbal Teas

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COVER PHOTOGRAPH: ENGLISH IRONSTONE TEACUP AND SAUCER MADE BY JOHNSON BROTHERS (COACHING SCENES - 'HUNTING COUNTRY' C. 1969).
FROM THE COLLECTION OF DORIS B. DEXTER.

Dedication: As Johann Sebastian Bach dedicated his music (by which I have often sipped tea), I also dedicate this work TGBTG. - Ed.

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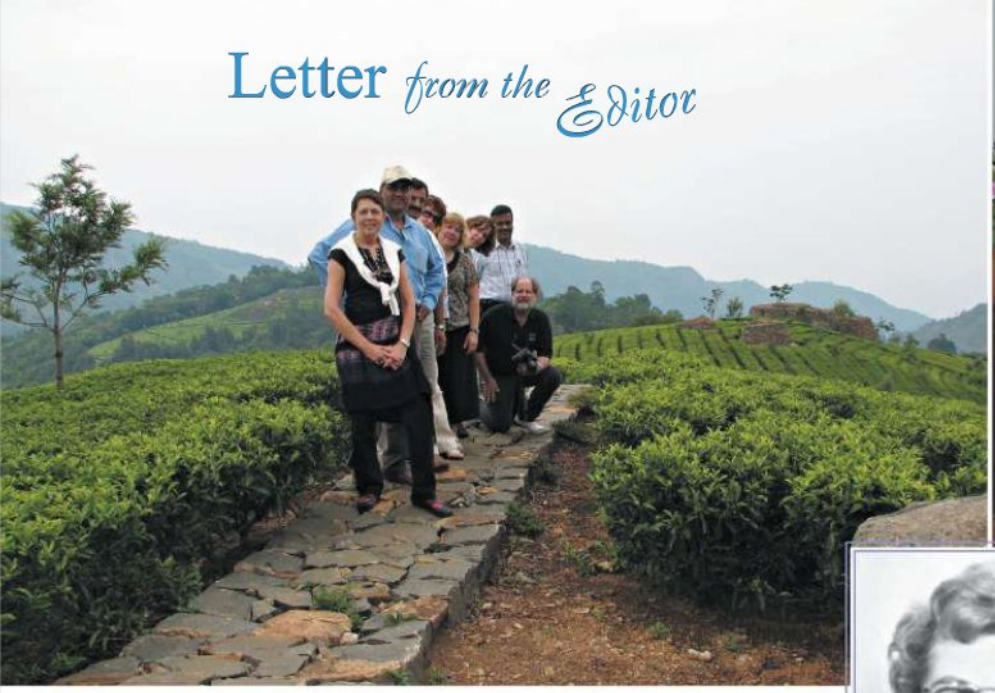
Letter *from the Editor*



Above left: Pearl with the owner and managers of Havukal Estate-Nilgiri, India and American tea students.
Above right: Pearl with Padma Shenai.
Right: Pearl with her mother Doris in 1974.

Dear Reader,

This issue is full of recipes that use tea as an ingredient. Jane Pettigrew describes her visit with a gifted family in Japan that create stunning tea caddies. Cyndi Harron writes about yoga and tea. Having wanted to practice yoga for nearly thrity years, her article inspired me to do just that. It has been fun and relaxing. Eve Hill gives us a brief history of Shelley China. Our two featured tea rooms are on Cape Cod—The Dunbar Shop in Sandwich and The Tea Shoppe at Mashpee Commons. Autumn is a fabulous time to take tea on old Cape Cod.

Throughout the last fifteen years of publishing *TEA* I have had the great pleasure of both meeting in person and speaking with many readers on the phone. Due to the delay in our summer issue we decided to make it a summer/autumn issue and will replace our autumn issue with a holiday issue due out in late November. We apologize for our tardiness and appreciate your faithfulness and understanding.

Looking through some poetry recently I re-acquainted myself with "Pearls of Wisdom" by Reuben G. Brown. It made me think of my mother so I photographed several strands of pearls in one of her favorite teacups. It became our choice for this issue of *TEA*'s cover.

Last, but not least, my travel companions to Sri Lanka and India this past April share their fond memories of our spectacular visit to both countries. Enjoy. 'Til we meet again.

CORRECTION: SPRING ISSUE #58 -
WYSTONE'S WORLD TEAS WEBSITE
SHOULD BE WWW.WYSTONESTEA.COM

www.TeaMagazine.com

Pearls of Wisdom

Pearls of Wisdom
Pearls of Wisdom

How many pearls of wisdom,
Are there in a cup of tea?
It's written in the leaves, my friend,
That's left for you and me.

Just search the bottom of your cup,
And you will come to know,
The sum of all the pearls therein,
That's scattered to and fro.

And at the moment you discover
What a grand world it would be,
If all the pearls of wisdom
Would ac-com-pan-y,

The thought that diamonds are forever,
And rubies are for kings.
Then, pearls are for a restless heart,
That only wisdom brings.

PEACE AND LOVE.

—Reuben G. Brown

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In May of this year, Jane Pettigrew visited a historic family in Japan's ancient city of Kyoto to discover more about the stunningly beautiful tea caddies they have been making for six generations.

All tea lovers know that tea needs to be carefully stored to retain its quality, and the secret to good storage is to keep the leaf safely protected from humidity and light. To achieve that vital goal, most people have a preference for a particular style of tin, box or packet, but if you have the good fortune to own one or more Kaikado caddies, you are unlikely to ever be satisfied with any other container.

A Kaikado caddy ('chazatsu' in Japanese) is more than just a tea tin – it is a work of art lovingly nurtured into shape by the Japanese Yagi family of Kyoto. For six generations, since Seisuke Yagi switched his business from weights and measures to the manufacture of these perfect cylinders in 1875, the family has been creating caddies in copper, brass and silver that ensure the tea inside stays dry and protected from harm. The joy of owning and using the caddies is in their perfect symmetry, the lustre and hue of the metal, the way in which the curve of the body sits in the palm of the hand with such natural harmony, and the deliberately slow glide of the lid as it gently descends into place to close the tin. The caddies are designed not simply to keep the tea leaves safe but to add to the sensory pleasure and ceremony of preparing tea.

I first became acquainted with the Yagi family's work at Postcard Teas in London where owner Tim d'Offay displays a selection of the caddies in a glass cabinet that attracts immediate attention from customers. It was here too that I met Takahiro Yagi - the sixth generation of the family to devote his working life to the production, marketing and sales of the tins - when he visited the shop in 2008. We agreed then that, at the earliest opportunity, I should go to Kyoto to observe him and his father at work. Now, having watched each step of the manufacturing procedure and having talked at length with the family, I am filled with admiration and delight at the apparent simplicity of the caddies, but at the same time I am overawed and fascinated by the complexity and subtlety of the philosophy and aesthetics that lay behind the design and creation of each one. This sense of wonder is due, I think, to the fact that each perfect example is

Jane Pettigrew and Osaka d'Offay with Yagi family.

so easy to open, so easy to close, excellent for keeping loose tea fresh for long periods of time, but also has an intangible but powerful ability to instill in you, as you handle and use the caddy, a deep sense of satisfaction and pleasure that connects you to the caddy's maker. And so it is that someone who owns a Kaikado caddy looks upon it as a prized possession to be treasured and would never dream of giving that particular caddy away – they would happily buy one for a friend but would never ever part with their own.

Several special features give Kaikado caddies an individuality not found in other tea containers. When a measure of tea has been scooped out, the lid is crafted so that, once it has been repositioned over the very top of the body, it elegantly and smoothly slides itself back into place with a slow captivating calm. Some of the caddies also have a secondary lid inside the body and this is also designed to slide gently down inside the cylinder until it rests lightly on top of the tea, thus ensuring that all unwanted air is shut out. And the outer surfaces of the caddies also have a special characteristic. They are not meant to be polished regularly in order to maintain the colour and shine that is apparent when they leave the Kaikado workshop: they are meant to be lovingly handled to provoke oxidation of the metal which, over time, turns the brilliant gleaming copper to a subtle walnut brown, the shiny yellow brass to a muted gold, and the radiant, sparkling silver to an amazing charcoal-grey or black whose unflawed smoothness develops alluring little dimples.

Left to right tea caddies: New, 5 years old, 10 years old, 15 years old, and 30 years old.

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Art and Tradition in a Tea Caddy

Written by JANE PETTIGREW

Photographs courtesy of Jane Pettigrew

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The manufacturing process has hardly changed since the days of Takahiro's great-great-great-grandfather. Certainly, the foot-operated drill has been modernised with electricity but the tools and cutters, hammers, solders and polishes are unchanged. Essential equipment is small, basic and often at floor level in traditional Japanese style and Taka's father, Seiji, sat cross-legged on tatami matting as he showed us how strips of copper or brass are curled, how solder is applied and the metal heated to create the cylindrical bodies, how a light tapping with a small wooden hammer smoothes an edge or adjusts the fit of a lid to its body. Each caddy is made up of seven components and each individual piece must play its crucial role in completing the perfection and harmony of the finished cylinder. Once these separate elements have been assembled, the caddy is polished with very fine steel wool, rapeseed oil and powdered whetstone to give a satin smooth finish. The hammering of the family stamp into the base and handle is the final stage and then each caddy is packed inside a sturdy but beautifully crafted paper box made by a neighbouring family that has been working with the Yagis for several generations. Seiji, Taka and their team of 10 other people make some 60 of any one size or design in a week and their aim is never to make any caddies that are less than perfect. Seiji admits that if ever a caddy has any small fault, it is not due to the materials but to human error.

Kaikado silver caddies are made totally from silver but the main core of the other caddies is hand-crafted from tin, with the outer body of brass or copper precisely shaped to fit exactly around it like a second skin. During the early days of the first generation of the company, at a time when Japan was just opening its borders to foreign goods for the first time, all the tin came from Cornwall in England (today, the tin is Japanese from Aichi prefecture). During this period, Japan was also inviting people from other countries to bring new ideas and new skills into the country and to help the Japanese to build new industries. And thus the company name was chosen, for Kaika means 'open culture or enlightenment' and 'do' signifies a shop or ceremonial hall, so Kaikado translates as 'House of New Culture' or 'House of Enlightenment'. With Kyoto's close proximity to the important tea region of Uji, the first customers for the new style of caddy were neighbouring tea companies who ordered large Kaikado tins for storage of their teas in shops and warehouses and smaller ones for selling to retail clients. Customers would return again and again with their tins to have them refilled with a favourite, expensive sencha or gyokuro while bancha and other cheaper teas were stored in less precious boxes.

As well as continuing the family business, Taka's grandfather also became famous for adapting a small version of the cylindrical caddy to create a special container for powdered matcha, the finely-ground green tea that is drunk during the Japanese green tea ceremony. When it is whisked into hot water, matcha must contain no lumps and so Shouichi Yagi turned the secondary lid that sits inside the neck of the caddy into a fine metal mesh through which the tea could be gently sifted. The sieve was then stored in a separate empty caddy of the same size and shape, ready for use before the next performance of the tea ceremony. The importance of Kaikado's cylindrical containers for the preparation and air-tight protection of the precious powdered tea revolutionised the way in which matcha was stored.

The company's customers today include well-known tea companies Ippodo and Fukujyuen, both of whom have, over the years, offered tea to the imperial family in Kaikado caddies. This still happens today and each year, the relevant company orders a special caddy from the Yagi family which is engraved with a special seal and packed with tea ready for presentation at court.

The tins are now becoming famous outside the imperial palace and when I was with the family, Taka was preparing for exhibitions at Daimaru's Kobe department store and at Margaret Howell's fashion store in Tokyo. Designer Jasper Morrison has also included the caddies in his exhibitions and in 2010, French design company Maison et Objets will hold a five day exhibition in Paris. In the US, the caddies are available from South Silk Road and from Tortoise Life, a company that specialises in working towards a balance of modern life with the values and pace of the past and sells 'things which were made by hand with heart'. In London, Postcard Teas in Dering Street sells its own special Kaikado caddies, each one engraved with a distinctive teapot logo. At home in Kyoto, Taka explained that there are plans to extend the company's premises – which at the moment include office and workshop on the ground floor and the family's apartment upstairs - to open a showroom and shop so that, as the number of customers increases, there is more room to welcome them and discuss these captivatingly special 'chazatsu'.

Jane with Takahiro.

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ABOVE:

1. Seiji Smoothing edges.
2. Curling copper strips.
3. Polishing the finished caddy.
4. Adjusting the fit of the inner cylinder to the outer copper body.

Left: Takahiro's gramdfathers.

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2009 New England Culinary Tea Competition

In May 2009 a special group of chefs gathered across the river from the location of the original Boston Tea Party. This group of innovators, sixteen chosen from among over 100 entrants, were the finalists in the 2009 NEW ENGLAND CULINARY TEA COMPETITION.

The Cambridge School of Culinary Arts, The Boston Park Plaza Hotel & Towers, the Tea Board of India, *TEA A MAGAZINE*, and Upton Tea Importers were the sponsors of this unique event. The first annual New England Culinary Tea Competition was created to inspire the next generation of Boston area chefs to further embrace the culinary potential of fine tea. These emerging culinary talents were invited to focus on the diverse tastes, textures, and aromas that tea can impart, and push the culinary envelope as they explored tea cuisine.

The competition categories were: Savory item, any course, using Tea as an Ingredient, Desserts or Baked Goods using tea as an ingredient, Tea Cocktail or other beverage, Best Tea Cuisine recipe, any category, using Indian tea. Recipes came in from students across New England, and the 16 finalists

(from Cambridge School of Culinary Arts, New England Culinary Institute, Bunker Hill Community College, Boston University, Johnson and Wales, RI, and Newbury College) prepared and presented their recipes at the host school, The Cambridge School of Culinary Arts.

Lapsang Souchong Braised Short Ribs of Beef

Lapsang Souchong Braised Short Ribs of Beef

Jon RIley, representing JWU, took 1st place in the savory recipe category.

1 tablespoon canola oil
Six 8-ounce portions boneless beef short ribs
kosher salt
freshly ground pepper
5 cloves of garlic
3 tablespoons fresh grated ginger root
3 cups sake
1-1/2 cups port
1 cup soy sauce
2 cups water
4 tablespoons loose Lapsang Souchong black tea
6 star anise
4 cinnamon sticks

Pre-heat oven to 350° F.

Heat a large skillet/frying pan over medium high heat. Add the oil. Meanwhile salt and pepper the short ribs on both sides. Just as the oil begins to smoke add meat to pan and brown thoroughly on each side. Remove from the pan and arrange the browned meat in a deep casserole or glass baking dish.

Place the garlic, ginger root, sake, port, soy sauce, water, loose tea, star anise and cinnamon sticks to a large pot. Bring mixture to a boil over high heat. Reduce heat to low and simmer for 10 minutes until flavors release. After 10 minutes, carefully pour contents of pot to cover browned beef. Cover casserole tightly with aluminum foil. Place baking dish in oven and bake for 1-1/2 to 2 hours. When the ribs are fork tender they are ready.

Using tongs or a slotted spoon, remove ribs from the baking dish to a platter. Cover with foil to keep warm.

Strain remaining liquids through a strainer into a sauce pan. Discard the solids. Using a spoon remove all the oil and fat from the surface. Discard as well. Heat the sauce over medium heat. Pour some of the sauce over the ribs and serve the rest on the side.

Judges pictured from left to right:

Helen Chen, Asian Cookbook Author, Educator and Consultant
Thomas Eck, Owner, Upton Tea Imports
Banrashi Bose Harrison, Minister (Commerce) Embassy of India, Washington
Cynthia Gold, Tea Sommelier, Chef, Boston Park Plaza Hotel and Towers
Pearl Dexter, Editor/Publisher, *TEA A MAGAZINE®*
Emily Gold, Editor, *Sante Magazine*
Robert Bean, Executive Chef, Todd English's Bonfire Steakhouse.
Absent from photo:
Lise Stern, Editor, *FRESH Magazine*

Vanilla Greenteani

1-1/2 ounces green tea simple syrup (recipe follows)
1-1/4 ounces vanilla vodka
1 ounce almond milk (recipe follows)
2 ice cubes
Raspberry tea pearls

Shake all ingredients vigorously in a shaker and pour into the martini glass. Garnish with frozen raspberry tea pearls (recipe follows).

Green tea simple syrup

1 cup sugar
1 cup water
1-1/2 teaspoons green tea powder

Bring to a boil and keep boiling for 3 more minutes. While the syrup is hot, mix the green tea powder with 1/4 cup of simple syrup and whisk until both combine well. Keep the rest of the simple syrup for other uses.

Almond milk

1/2 cup raw almonds
2 cups mineral water

In a blender mix ingredients together for 1 minute. Strain through a cheesecloth. Squeeze the cheesecloth well to get all the fluids. Transfer to a sealed jar and refrigerate.

Raspberry tea pearls

2 grams sodium alginate
200 grams raspberry tea syrup (recipe follows)
2-1/2 grams calcium chloride
500 grams water

With hand blender mix in a deep bowl the syrup with the sodium alginate until smooth. Refrigerate for 30 minutes. In a separate bowl, mix the calcium chloride and water. Put the syrup mix in a squeeze bottle with small opening. Squeeze the bottle to create drops in the calcium chloride mixture. Let the pearls sit for 30 seconds in the mixture. Collect them with strainer and wash them in fresh water.

Raspberry tea syrup

1-1/2 cups water
3/4 cup sugar
4 raspberry tea bags

Empty the four tea bags into a saucepan; add the water and sugar; bring to a boil and boil for 2 minutes. Let steep for 10 minutes. Strain through cheesecloth and let cool for 30 minutes.

Sharone Artsi's entry won first place in the Tea Cocktail category and was voted overall 1st place winner of the entire competition. It scored perfect 10s in the four evaluation categories of taste, use of tea, originality and visual presentation. This talented CSCA alumnus was the only contender to place as a finalist in more than one category.

Vanilla Greenteani

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Jakob White, a BU Culinary Student, took 1st place in the 'Best Use of India Tea category.'

Black Tea Smoked Chicken with Tea-Blanched Shrimp

2 quarts water
1 cup salt
4 whole chicken leg quarters
1/2 cup sugar
1 tablespoon peppercorns
1 bay leaf
1 lemon, halved
4 tablespoons black tea leaves, Nilgiri leaves work very well for this.
2 quarts ice water
4 tablespoons Nilgiri black tea
1/2 cup brown rice
1 tablespoon water
Salt and pepper to taste

In large pan, combine the 2 quarts water and 1 cup salt. Add chicken and let brine for 2 hours. Combine remaining ingredients (except ice water), and bring to boil, allowing sugar and salt to dissolve. Remove from heat, add the 2 quarts ice water to cool. Add chicken, and let sit for 2 hours in the refrigerator. Line a wok with 2 layers of heavy-duty foil so the foil comes above the rim of the pan by about 12 inches. In the bottom of the pan, place the tea, brown rice, and water. Place a round baking rack above the tea mixture. Remove chicken from brine, rinse and pat dry. Season with salt and place in smoker on the rack. Bring the sheets of foil up and over the chicken to form a tent. Fold to secure. Set the wok over a medium-low heat. You'll quickly smell the tea smoldering. Smoke the chicken for 25 minutes, adjusting the heat as necessary. (The chicken is not cooked through at this point.)

2 tablespoons canola oil
8 large shrimp
1 package Udon noodles
1-1/2 teaspoons shrimp paste
1 tablespoon honey
1 tablespoon sesame oil
Cayenne to taste
2 cloves garlic, chopped
1 onion, julienne
1 inch ginger, grated
1 carrot, julienne
8 ounces shitake mushrooms, sliced
10 ounces Chinese pea pods, trimmed
1/2 head Napa cabbage, thinly sliced
2 tablespoons cilantro, chopped
4 scallions, sliced on diagonal

Preheat the oven to 450° F.

Heat a large heavy skillet with a heatproof handle until hot. Add the canola oil and cook the chicken skin side down for 2 minutes or until browned. Transfer the chicken to the oven. Cook for 10 minutes or until a meat thermometer inserted in the thickest part of the chicken registers 170° F. Meanwhile, bring a pot of salted water to a boil. Add the shrimp and Udon noodles. Cook for 3 minutes or until the shrimp are opaque. In a bowl, combine the shrimp paste, soy sauce, honey, sesame oil, and cayenne pepper. Stir well and set aside. Remove the chicken from the oven. Transfer to a plate; cover and keep warm. Handling the skillet carefully, discard the excess oil from the pan. In the same skillet, cook the garlic, onion, and ginger, stirring constantly, for 3 minutes. Add the carrot, mushrooms, pea pods, and cabbage. Cook, stirring constantly, for 5 minutes or until the vegetables are slightly softened. Add the Udon noodles and shrimp. Pour in the shrimp paste sauce. Cook, stirring, for 1 minute. Divide the noodle mixture among 4 deep plates. Set a piece of chicken on each one. Sprinkle with cilantro and scallions.

Yun-Jeong Hwang, of Newbury College, took 1st place in the dessert category.

Green Tea Tiramisu with Lemon Ginger Tea Gelee

Gluten-free Green Tea Rice Cake

3 ounces green tea powder (or as needed for flavor)
120 grams rice powder
4 egg whites
130 grams granulated sugar
4 egg yolks
2 tablespoons vegetable oil
2 tablespoons honey
2 tablespoons whole milk
1/2 teaspoon rum

Sift rice powder and green tea powder in advance and set aside. Make meringue with egg whites and sugar. Add egg yolks to meringue at medium speed. Add oil, honey, milk and rum at low speed. Fold the dry mixture into wet mixture until just mixed. Bake at 375° F about 10 minutes (or 160° C about 30-40 minutes).

Green Tea Pastry Cream:

17-1/2 ounces whole milk
1 teaspoon vanilla extract
4-1/2 ounces granulated sugar, divided
1-1/4 ounces pastry powder
4-1/2 ounces large egg yolks (6 or 7)
2 ounces unsalted butter
2 teaspoons green tea powder
5 ounces white chocolate (chopped)
1 pint heavy cream (whipped)
10 sheets gelatin (bloomed)

In a sauce pan, combine milk, vanilla, and 2-1/4 ounces sugar and bring to a boil. In separate bowl, whisk together the remaining sugar, pastry powder, and egg yolks. Slowly whisk half of the hot milk mixture into egg mixture. Pour back into saucepan and whisk to combine. Bring to a slow boil, stirring constantly until mixture thickens and coats back of spoon. Add gelatin. Remove from heat, place in a mixing bowl and stir in the butter, then the green tea powder. Melt the white chocolate, and add to the pastry cream. Whip heavy cream to medium firm peaks and fold into green tea mixture.

Lemon Ginger Tea Gelee:

2 lemon-ginger tea bags
2-3/4 oz. granulated sugar
12 gelatin sheets

Bring water to a boil and add ginger tea. Steep for 7 minutes. Remove tea bags and stir in sugar until dissolved. Bloom gelatin in cold water. When soft, squeeze excess liquid and melt in small bowl over hot water bath. Stir in lemon-ginger tea. Pour into shallow plastic container to make very thin layers and chill to set for 20 minutes.

Earl Grey Tea Sauce

3/4 cup heavy cream
6 tablespoons sugar
3 bags Earl Grey tea
1 teaspoon corn starch

Blend heavy cream sugar in saucepan. Bring to a boil, add the Earl Grey tea bags, remove from heat, and let steep for 10 minutes. Remove the teabags, slowly stir in the cornstarch and then bring back to a boil, and stir until thickened.

Assembly:

2 ounces Darjeeling tea infused in thick simple syrup.
(I infused the Darjeeling tea until it got the color of Espresso)
5 ounces green tea pastry cream
2 layers of lemon ginger gelee to put on the rice cake.

Cut the rice cake in the shape of small rectangular and moisten with Darjeeling tea simple syrup. Spread a thin layer of lemon-ginger tea gelee and green tea pastry cream on top of soaked cake layer. Place second rice cake soaked in Darjeeling tea syrup on top and repeat process with syrup and cream. Freeze for 10 minutes. Sprinkle green tea powder and serve with Earl Grey tea sauce.

Tea Salts are quite easy to make and ever so useful as a part of your pantry. Make extra and store it in an airtight container to keep the flavor fresh. At the Boston Park Plaza Hotel and Towers we serve a small helping of the Keemun Tea and Cherry Wood smoked salt with our Charcu-Tea-ri plate. This fun plate also features a nibbling portion of the Ceylon Spiced Pork Tenderloin with Mango Chutney featured in *TEA*, several issues ago. Among other delicacies, it also includes a rich and decadent Pate rimmed with a black tea and spice rub as well as Black Tea and Balsamic Caramelized Onions.

Lighter profile salts like the Matcha Salt are wonderful with fish or pasta dishes. Try a light sprinkling on a fresh mozzarella and tomato salad this summer.

I prefer using a good quality sea salt for tea smoking, Kosher salt will, however, give a very nice result and is less expensive.

Tea Smoked Salt

There are many ways to smoke with tea leaves. The traditional Chinese method is to combine equal parts dry tea leaves and dry uncooked rice and then add your aromatic ingredients such as cracked peppercorns, star anise, cinnamon stick, citrus peel, etc. Consider adding cracked nut shells, small wood chips or other items as well. This mixture would go in the bottom of your wok (lined with heavy duty foil first to facilitate cleaning) with a rack above to place the items to be smoked. When smoking salt, you can place it right onto an oiled rack like you might a quail or fish filet, so you would use a foil tray placed onto the rack.

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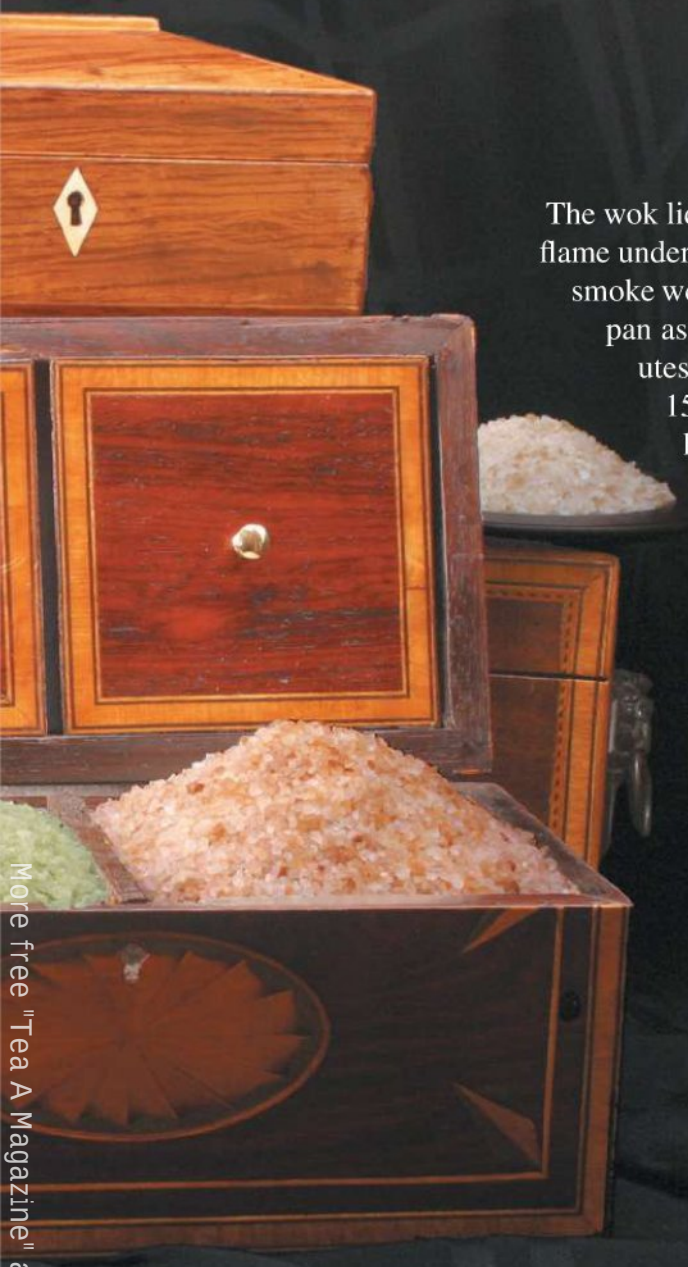
Created by Cynthia Gold
Photograph by Julian Landa

Tea Salts



The wok lid would then go over the top to keep the smoke in. Turn the flame underneath to high, then turn it down to very low once it starts to smoke well, and cover. You can also use a hotel pan with a perforated pan as your rack and a sheetpan as your lid. You will get 15 minutes of good clean smoke. If you want more intense smoke than 15 minutes will provide, have a fresh batch ready in a second hotel pan and shift your product then continue for another 15 minutes. You will probably find that 15 minutes is enough to give you wonderful flavor.

If you are using a smoker, follow the instruction provided for wood chips and replace your wood chips with your rice/tea mixture. If you are using a home covered grill like a Weber to smoke with, you can put your rice/tea mixture into a sealed foil packet and poke holes in the top for the smoke to come out of. Then place the packet on top of your heated ashed over coals. Alternatively, you can sprinkle well moistened tea leaves and wood chips right onto the coals.

In the picture shown, the darker hued smoked Tea Salt in the front was smoked twice (two 15 minute segments), with Cherry Wood and Keemun Tea with cinnamon stick and orange zest added. The lighter hued salts behind represent single smokes with other combinations of teas and aromatics.

Matcha Salt

The green salt in the picture is Matcha Salt. This is made by placing sea salt into a coffee or spice grinder. Add a small amount of Matcha powder and then pulse once or twice to completely distribute the powder. You can vary the tea used by grinding your own tea powder first. You can also combine your powdered tea with spices and then pulse to mix.

Consider combining the methods as well and finishing a tea smoked salt with additional powdered tea and/or spice for further variety.

We'd like to thank our friends at billsauctions.com for loaning us the beautiful antique tea chests shown in this photograph.

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Champagne

World of Tea: A Magazine, www.worldoftea.com

Created by Cynthia Gold
Photograph by Julian Landa

Tea Cocktails

The combinations are endless and ever so refreshing. Try out the two described below, then make your own variations. These syrups and their variations are also very nice added to iced teas, juices or drizzled over fresh fruit. The two cocktails shown here were served as part of our Mother's Day Champagne Tea Brunch at the Boston Park Plaza Hotel this year.

Ceylon Blackberry Champagne Cocktail

Place 1 teaspoon fruit puree and 1 to 2 tablespoons of tea syrup into a champagne flute. Fill with champagne. Stir.

Black Tea Syrup:

1-1/2 cups sugar
2 cups water
1 cinnamon stick
2 heaped tablespoons
Ceylon tea leaves

Place 1-1/2 cups of sugar and 2 cups of water into a small saucepan. Add cinnamon stick. Bring to a boil, stir, then turn down to a simmer until a light syrup is formed.

Add 2 heaping tablespoons of loose leaf Ceylon or Southern Indian Nilgiri tea. Bring back to a boil and let simmer for a minute or two—remove from heat, strain into a jar, and let cool.

Ginger Apricot Oolong Champagne Cocktail

Ginger Oolong Syrup:

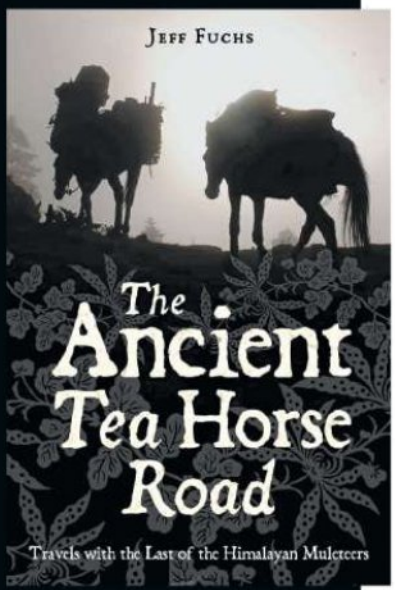
1-1/2 cups sugar
2 cups water
4 slices fresh ginger, peeled
1/2 teaspoon cracked black pepper (optional)
2 heaped tablespoons Oolong tea leaves

Place 1-1/2 cups of sugar and 2 cups of water into a small saucepan. Add 4 quarter-sized slices of ginger and the pepper, if using. Bring to a boil, stir, reduce heat and simmer until a light syrup is formed.

Add 2 heaping tablespoons of loose leaf Oolong tea. Bring back to a boil and let simmer for a minute or two—remove from heat, strain into a jar, and let cool.

Photo: Julian Landa www.julianlanda.com

THE ANCIENT TEA HORSE ROAD



by Jeff Fuchs
Penguin Group
ISBN: 978-0-670-06611-7
Hard cover $35.00

JEFF FUCHS TAKES ONE ON A JOURNEY that proves to be exciting every kilometer of the way. His photographs bring to life his spectacular expedition as he travels the twelve-hundred-year-old Tea Horse Road (4,000 kilometer path) with muleteers. Also known as lados, muleteers navigated and led the way through seventy-eight peaks, high plateaus, and crossed the mighty Mekonk, Salween, and Yangtze rivers.

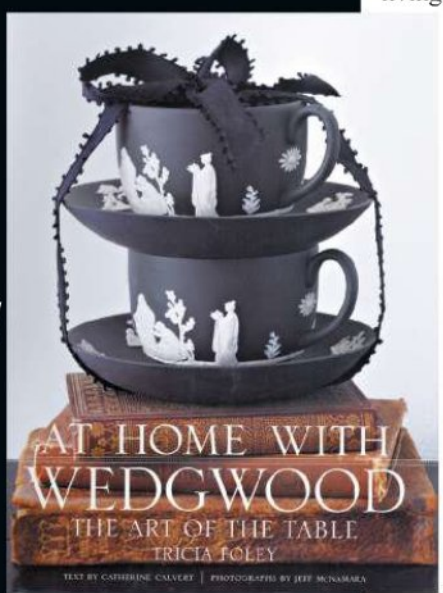
Meeting in Shangri-La in the northwest area of Yunnan Province the journey begins as the reader travels vicariously side by side with Jeff through China, Tibet, Nepal, and India over seven grueling months to reach Kathmandu. He weaves the story of life with the indigenous people as they meet and eat together, and sip tea.

At the end of the book Jeff Fuchs writes, "It was beyond all else something that had linked people, a great unifying force, a route known by the Tibetans alternatively as Gyalam (Wide Road) or as Drelam (Mule Road), whose name in Chinese, Cha Ma Dao (Tea Horse Road), reflected the components of its parts: a pliant green leaf and the four-legged beast, both crucial and both taking tuns to be heroes."

AT HOME WITH WEDGWOOD: The Art of the Table

by Tricia Foley
Text by Catherine Calvert
Photographs by Jeff McNamara
Clarkson Potter Publishers/New York
ISBN: 978-0-307-45184-2
Hard cover $35.00

WEDGWOOD IS MY FAVORITE CHINA so I am thrilled that Clarkson Potter chose to commemorate Wedgwood's 250th anniversary by publishing *AT HOME WITH WEDGWOOD: The Art of the Table.* Wedgwood's remarkable story of discovery, vision, experimentation, industry, and exquisite design spans two and a half centuries. From its humble British beginnings to iconic global status, Wedgwood has become the authority on gracious living and timeless design.



Tricia Foley has put together an outstanding collection of beauty and simplicity in this exquisite book that pays tribute to not only Wedgwood, but to all lovers of fine china.

Jeff McNamara photographed on both sides of the Atlantic to reveal the imaginative ways that today's stylemakers draw on their Wedgwood collections of vintage and contemporary pieces for special occasions and everyday use. I agree with Lord Wedgwood when he says, "Don't save the best for another day." Catherine Calvert writes "The art of the table, and time together, is the real gift that's timeless."

The book includes a rich visual gallery of iconic patterns and palettes, classic designs, innovative materials, and products that span the company's history from the eighteenth century to the present, including Nantucket Basket, Traditional White, Countryware, Peter Rabbit, Creamware, Eternity, Plato, Regency, Petal, and others. In addition, *AT HOME WITH WEDGWOOD* boasts an extraordinary resource section, making it both a handbook on style and a practical guide to the world's best-known ceramic tableware.

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Blooms, Blossoms, and Shelley China

Written and photographed by Eve Hill

Dainty shape-Primrose pattern teapot, teacup and saucer with miniature teacup and saucer.

Summer weather and the fall colors are a perfect complement to all the flowers and foliage that appear on so much of the delicate porcelains that came from the Shelley Pottery in the Stoke-on-Trent area of England during the time of Shelley's greatest production. This porcelain is the embodiment of most ideas of perfect English china. It is translucent, strong, made in shapes to please anyone, and enhances anything served in or on it. The most collected shape is one known as Dainty in the factory's pattern book or sometimes as six-flute to those who prize its delicate trumpeting in-and-out curves.

The company made and sold complete table services, but the cups and saucers and other pieces useful for serving tea are what sell best in today's market. This is china that quietly says "Tea, please." The history and times of Shelley pottery loosely follows a timeline of the glory days of English porcelain production.

Henry Wileman started the pottery in 1860 in the Foley area of England and named it Foley Pottery Works, which is on some of the very earliest wares that collectors find now. Two years after the company opened, J.B. Shelley came on board, at first selling the porcelain, later joining Mr. Wileman in what was called Wileman & Co. in 1872. Later the company was called Foley China, and by 1910 became the Shelley China that so many of us admire. For all the backstamps and names, a reliable book on Shelley is advised.

One of the surprising things about Shelley is that Frederick Rhead, the artist who designed Fiesta ware for Homer Laughlin in East Liverpool, Ohio, was a prominent artist at the Shelley works before that. Two more divergent varieties of pottery would be hard to imagine. It really emphasizes the talent of this ceramicist of vision and talent. He created many of the delicate shapes and flower patterns that seem totally opposite the vibrant colors and simple shapes of Fiesta. A household may contain teapots from both companies, so it is that Frederick Rhead created for both firms. The "Dainty" shape, with its gently undulating curves, was designed by Rowland Morris, was the most collected of all Shelley china. Morris and Rhead worked at Shelley at the same time.

Shelley was very sensitive to the changing tastes of their target market and they made both simpler shapes and some that are much more complicated. When chintz ware was popular, they turned out voluminous quantities of china in many different patterns of what is now called chintz. Theirs is one of those most prized by collectors of chintz, partly because of its beauty and design, but also because of the durability.

Usefulness is another virtue of Shelley china. Their many shapes fit well to the mouth and hand. The teapots pour well and tea stays warm in them longer than in an inferior pot.

Clever marketing included the creation of miniature cups and saucers and teaware that children loved to use for tiny tea parties. Currently the price for any miniature cup and saucer is roughly four times its regular size counterpart, so few children get to use them, even if they are in a family china cupboard. While this writer has many children's tea sets and most are often used by little ones, Shelley miniatures are out of bounds for small hands here. They are hard to find and usually run about $150 to $280 for a cup and saucer, depending on design scarcity. Sadly, the company met hard times and was sold in 1966 to a company that later merged with Doulton. The molds were destroyed, a terrible mistake that was later regretted. Royal Doulton attempted to make a Dainty type shape and market it as Royal Albert, but it just isn't the same. Someone is marketing pottery listed as Shelley at online auction sites. It is made in China and is often garishly colored. Buyer beware!

A word to tea lovers; save on something else and treat yourself to a Shelley cup and saucer for your everyday cuppa. You won't be sorry. Sit among the blooms of whatever flowers you may find or have, and enjoy an exquisite tea time.

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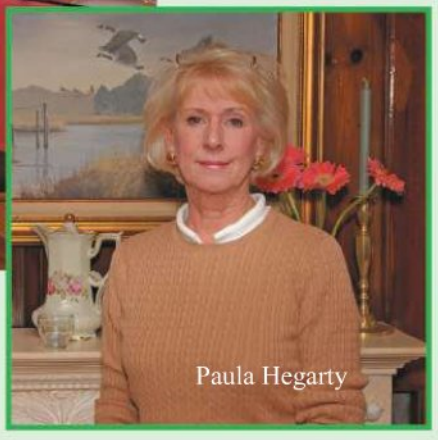
The DUNBAR TEA ROOM
in Sandwich, Massachusetts

Photographeds by Paul Russo

Written by
Judith Krall-Russo



Cape Cod has many charming towns and villages, and according to many visitors, Sandwich is the most charming of them all. The town's character is reflected in the many 18th and 19th century homes, the Sandwich Glass Museum, historic churches, and the Dexter Grist Mill on Shawnee Pond. Across from the pond is the The Dunbar Tea Shop.

The Dunbar House has been owned by only five families since it was built c1740. In 1991 it was converted to a tea room, The Dunbar Tea Shop. This cozy and delightful tea shop brings visitors back to an uncomplicated and more relaxed time. Paula and Jim Hegarty purchased the tea shop in 2000 to continue the tea room tradition.

There are two tea rooms – the original wood paneled room features a large fireplace. This room seats 22 and is a cozy, inviting room with teapots and beautiful plates displayed on shelves next to the fireplace. In an earlier time this room was a gentleman's billiard and smoking room. Today, people sip tea and enjoy sandwiches, homemade shortbread, savor the Farmer's Lunch and drink dark ale, or have a glass of wine. The newer room seats 40 comfortably. It is sun-filled and very elegant and also features a fireplace. This room is a perfect setting for small weddings, birthday parties, or business meetings.

The Dunbar Tea Room
One Water St.
Sandwich, Massachusetts 02563

Phone 508.833.2485
www.dunbarteashop.com

Hours: Tea Shop—10-5
Tea Room—11-4:30

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Before or after dining, guests can stroll through the Dunbar Gift Shop. Shelves are filled with a large selection of British and European teapots, teacups, tea accessories, cards, books, and gourmet foods. There is also the "tea alcove," a small room, which sells pre-packaged and loose teas from all over the world. Certainly there is something for everyone.

The Dunbar Tea Shop is open everyday from 10:00 am to 5:00 pm. Lunch and Afternoon Tea are served from 11:00 am -5:00 pm. There are 22 varieties of tea to choose from—the most popular teas are English Breakfast and Courtship Tea (black tea blended with ginger). Other customer favorites are black tea with apricot, maple tea, and ice wine tea (Ceylon tea with Ice wine from Vidal or Riesling grapes).

The Cream Tea is just right for guests with a smaller appetite; it consists of two freshly baked scones with strawberry jam, and cream. For those who want the full Afternoon Tea experience, the Windsor Tea is ideal—an assortment of finger sandwiches, a freshly baked scone, and dessert tray. It arrives at the table on a beautiful tiered plate. Depending on the season, the selection of sandwiches and sweets will vary. Sandwiches may include smoked salmon with cream cheese and water cress; curried chicken salad with cranberries and cashews, and the classic cucumber sandwich. Hegarty's love of baking is apparent in her dessert tray offering. The specialty of the house is the Princess Cake—a yellow cake with raspberry filling and almond butter cream icing. There may also be lemon squares, chocolate peppermint brownies, or several of her famous shortbread bars.

The Dunbar Tea Shop also offers seasonal specialties. Wintertime always features heartier foods while fresh salads, pasta dishes, and chilled soups are among the spring and summer offerings. Some dishes will be old favorites returning while others will be new inspirations. Hegarty says, "People love my Cumberland Crumpet Melt and begin asking for this dish in late summer." The Cumberland Crumpet melt is cheddar cheese melted over chicken savory and cranberry sauce, served on two toasted English crumpets. Unfortunately for those who ask for it during summer, the return date for the Cumberland Crumpet is always the beginning of October.

Paula Hegarty sees her tea shop as not only a tea room but also as a restaurant. They carry a full line of quality wine, beer, ale, sherry and cider. "Forty percent of my clientele are men." says Hegarty, "They come here for Shepard's Pie and a beer, or roast beef and ale."

The Dunbar Tea Shop is available for daytime functions such as baby or bridal showers and birthday parties. Throughout the year various special events are held—A Charles Dickens Christmas (a four-course dinner held Sundays in December), Celtic Night, an American Doll Event for the younger set, and many Tea Time Talks.

Paula Hegarty is a native of Milton, Massachusetts, and as a child she summered on Cape Cod. She was a head nurse in a maternity ward for many years and is a mother of five. After raising her children she started to look for a business. She loves cooking and baking, and when the opportunity to buy The Dunbar Tea Shop came up, it was a perfect match. Hegarty has many regular customers. She says, "I love to cook and bake. I put in long hours but it is worth the wonderful interaction I have with my customers."

Visit Sandwich, Cape Cod. Take a stroll down quaint streets. Visit a museum. See the grist mill. Gaze upon historic church steeples, and then go to The Dunbar Tea Shop for tea and one of Paula's special meals—created with love, just for you.

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The TEA SHOPPE at Mashpee Commons

Written by JUDITH KRALL-RUSSO—Photographed by PAUL RUSSO

Mashpee Commons is a modern village situated on old Cape Cod. The village was developed in the 1990s and has the look and feel of a New England town center. It allows visitors to stroll down the pedestrian-friendly streets to purchase antiques, visit galleries, shop for unique gifts and clothing, and visit The Tea Shoppe—a place for breakfast, lunch, or afternoon tea. This charming shop, owned by Jeni Hennessey, is not only a beautiful tea room, but also a bakery, and a gift shop. Guests enter through the bakery/gift shop and are immediately greeted by the aroma of fresh baked goods, which draws them to display cases filled with an assortment of cakes, cookies, tarts, scones, croissants, and many other baked items. The gift shop is a tea lover's haven, filled with an assortment of loose teas, teapots, teacups, along with beautiful and unique tea accoutrements. Visitors might find it difficult to pull themselves away from the bakery and gift shop, but it is well worth the effort as the tea room is a place to enjoy a splendid cup of tea, eat fine food, and relax in the elegant and serene atmosphere. Sunlight filters through the large front windows of the tea room where 48 seats are enveloped by sunny yellow walls.

Breakfast has a Continental flair—selections include quiche, old-fashioned oatmeal, croissants, and wraps. There are many choices for lunch: Salads, soups (such as haddock chowder or tomato bisque), quiche, a classic turkey sandwich with cranberry chutney, or roast beef with homemade Boursin cheese. Shepherd's pie, Cornish pasty, or sausage rolls are on the menu for heartier appetites. Then there is dessert—few visitors to The Tea Shoppe can pass up dessert even if they are on a diet. The selection includes the tea room's signature "Lemon, Lemon, Lemon Cake," a cake with homemade lemon curd and lemon icing, and a choice of scones (apple Brazil nut, pear almond, and The Tea Shoppe's famous raspberry scone) apple turnovers, apricot pistachio squares, and more.

The Tea Shoppe offers a selection 60 loose-leaf teas. The House Blend is a wonderful mixture of Assam, Keemun, and Ceylon black teas. Only charcoal-filtered water is used to brew the tea and all loose teas are pre-measured daily and put in tea bags in order to ensure a great cup of tea.

Afternoon Tea is beautifully arranged on three-tiered plates. It is a joy for all the senses. The sweet portion may be a selection of cream-filled pink meringues, swan-shaped cream puffs, lemon squares, teapot shaped butter cookies, or a dense chocolate brownie. Now is time to relax, sip tea, and savor this classic tea ritual. No matter what meal visitors enjoy at The Tea Shoppe, English born Jeni wants her guests to slow down and enjoy their stay. She says. "This is not a place to be hurried."

Over the years, the tea room has grown. It expanded to twice the size after three years. Initially the shop operated with a handful of employees; now it employs 22 people. The Tea Shoppe does catering for affairs at other locations, and the bakery is so popular that they design and create beautiful cakes for weddings, showers, and special events.

After 36 years as a dental assistant Hennessey decided she needed a change. One day in 2002-she saw in ad in the *Cape Cod Times,* that read 'Tea Shop For Sale.' Hennessey thought, "This is something I would like to do." Her children were grown—out on their own and working. She went to the tea room for lunch, and the rest is history! Both Jeni and Mike have worked to make The Tea Shoppe the great success it is today.

If you are in need of a smile, a good cup of tea and some fine food, head over to Mashpee Commons and The Tea Shoppe. Ask for Jeni! She will put a smile on your face and in your heart.

Left: Jeni Hennessey

The Tea Shoppe
26 Steeple Street
Mashpee Commons
Mashpee, Massachusetts 02649

Tel. 508.477.7261

Hours:
Restaurant—Sunday–11:00–5:00
Monday–Saturday: 9:30–5:30
Bakery—Sunday–10:00–5:00
Monday–Saturday: 9:00–6:00

www.teashoppecapecod.com

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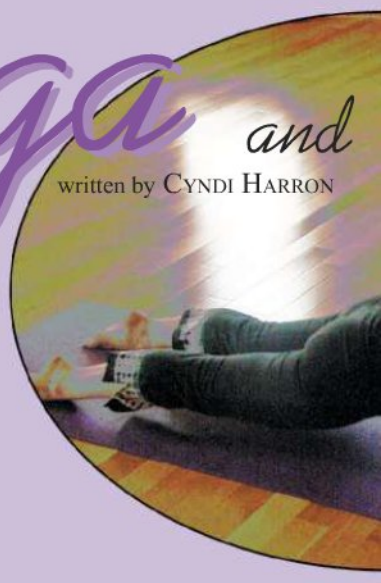
Yoga and

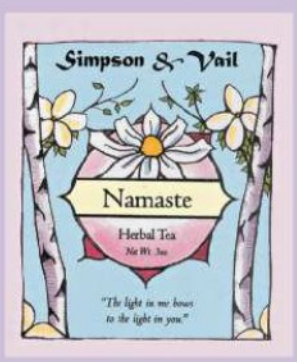
written by Cyndi Harron



WELCOME TO THE 21ST CENTURY—a time when health benefits are selling teas and tisanes as much as the great tastes we find in each lovely cup. We've all seen the recent articles about weight loss, antioxidant benefits, etc. but throughout history average people, as well as doctors, wise women, and medicine men have been prescribing plants for many different ailments. Only in relatively recent years have we seen plants, including camellia sinensis, undergoing scientific studies to prove these claims.

Also garnering a lot of media attention these days are the different physical activities that will help us live better lives. One of these activities is yoga. The philosophies, principles, and life styles of yoga have existed for 5,000 years in one form or another and are now easily available to the average person through books, DVD's or the many classes that are popping up in most towns. Four years ago, I opened a yoga studio in New Milford, Connecticut called Harmony Yoga with my friend and yoga teacher, Glo. When I'm not enjoying the benefits of yoga I am working with my family at our tea business, Simpson & Vail, in Brookfield, Connecticut, where I blend all of our herbal teas. Due to my interest in both healthy practices I began to blend a couple of herbal teas for the studio called *Namaste* and *Shanti*.

IN SANSKRIT, *NAMASTE* MEANS, "THE LIGHT IN ME BOWS TO THE LIGHT IN YOU" OR "I BOW TO LIGHT THAT EXISTS IN ME AND YOU AND TO ALL THAT IS SACRED IN LIFE." When spoken to another person, it is usually accompanied by the gesture of the hands at the heart center in prayer position and a slight bow of the head and shoulders. It is a greeting or parting phrase as well as a gesture. This can also be performed wordlessly and still carry the same beautiful intention.



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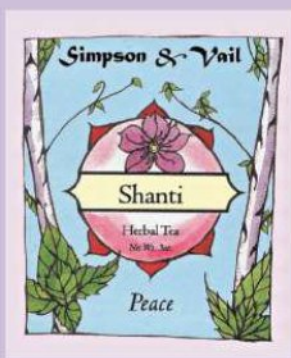
Herbal Teas

In Sanskrit, *Shanti* means "peace." In Buddhist practice, shanti refers to inner rather than outer peace.

Chakra, Sanskrit for "wheel"—used to describe the energy centers of the body. Each chakra is associated with certain parts of the physical body as well as our mind and spiritual development. Chakras are influenced, awakened, and balanced through our thoughts and actions. They are aspects of our consciousness. Chakras are depicted as Lotus flowers, each with a different number of petals, and each chakra is associated with a certain color, multiple specific functions, an aspect of consciousness, a classical element, and other distinguishing characteristics. The seven main chakras are aligned in an ascending column from the base of the spine to the top of the head. The chakras affect the flow of energy (*prana* or *chi*) throughout our energy system. They are aspects of our consciousness. If our chakras are balanced and energy flows freely, we create a life of harmony, health, and spiritual awakening.

In 2007 one of my teachers at Harmony, Kristi, was holding a workshop on the chakras and wanted me to create herbal blends for each of the chakras. At her request, I began intensively studying the chakras and the effects of herbal teas in these centers to create a unique line of healthy herbal teas. Using each chakra's characteristics, I blended different herbal tisanes together to help free the energy stored there. Included in each box is a list of yoga poses that will also, in addition to the herbs, help a person connect more to that specific chakra.



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THE FIRST CHAKRA THE ROOT CHAKRA, OR *MULADHARA*, is located at the base of the spine and forms our foundation, the seat of our life force, and is the building block on which all other chakras rest. Associated with the color red and the symbol of the four-petal Lotus flower, the Root Chakra deals with feelings of security, trust, and survival as well as our connection with our physical body and its nourishment. If this chakra is off balance, we can feel powerless, tired, depressed, and afraid. Our self-esteem can suffer and make us choose decisions that are not in our best interest. However, when this chakra is in balance we feel grounded, strong and secure, and have a sense of inner security that allows us to trust in the universe.

To balance the 1st Chakra, try poses such as:
Mountain Pose (*Tadasana*)
Side-Angle Pose (*Parsvakonasana*)
Warrior Pose (*Virabhadrasana*)
Standing Forward Bend (*Uttanasana*)
Tree Pose (*Vrksasana*) as seen here with Cyndi Harron.

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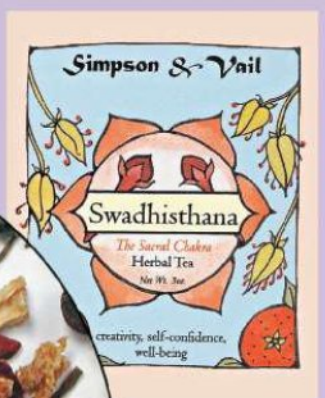
Muladhara blend—To help people connect with their roots and with Mother Earth, a blend of bark, roots, and flowers was created, which has a tart aroma and a slightly fruity taste of sweet spices.

Swadhisthana blend—The herbs are beneficial as overall tonics (annatto and rosehips) and beneficial for the digestive system (peppermint, cloves, allspice, and lemongrass) as well as containing vitamins and iron. The golden cup has a light earthy, spicy flavor and a delicate lemon and mint aftertaste.



The second chakra is the Sacral Chakra, or *Swadhisthana*. It is the seat of life and is located in the center of the abdomen. It is associated with the color orange and symbolized by the six-petal lotus flower. The Sacral Chakra is the seat of our creative energy and is associated with what our bodies need. An unbalanced 2nd chakra can manifest in lowered resistance to infections and viruses, tiredness, irritability, and lack of creativity. When in balance, the Sacral Chakra will enable us to accept and solve the challenges of life in a creative manner and allow us to feel compassionate and friendly and enable us to express our emotions and connect us to others through feeling, desire, sensation, and movement.

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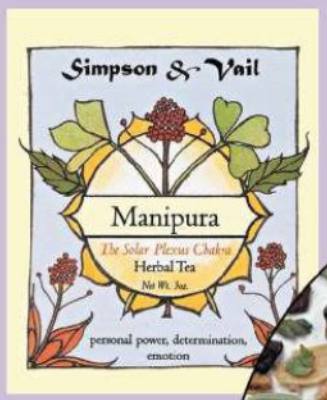
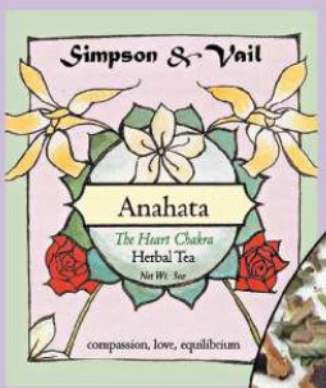


Since the **Manipura** center is where the regulation and distribution of energy in the body is housed, the herbs in this blend are particularly beneficial for the digestive system (anise, fennel, ginger, fenugreek, and cardamom) and the nervous system (eleuthero, damiana). The result is an herbal blend that is soothing and warming, which will help to create and radiate the energy of this chakra center.

The herbs in the **Anahata** tea have been traditionally associated with love and used as aphrodisiacs (roses, vanilla, jasmine, and damiana). Perfect whether hot or iced, this blend brews to a pale pink cup with a floral aroma and a fruity and floral taste.



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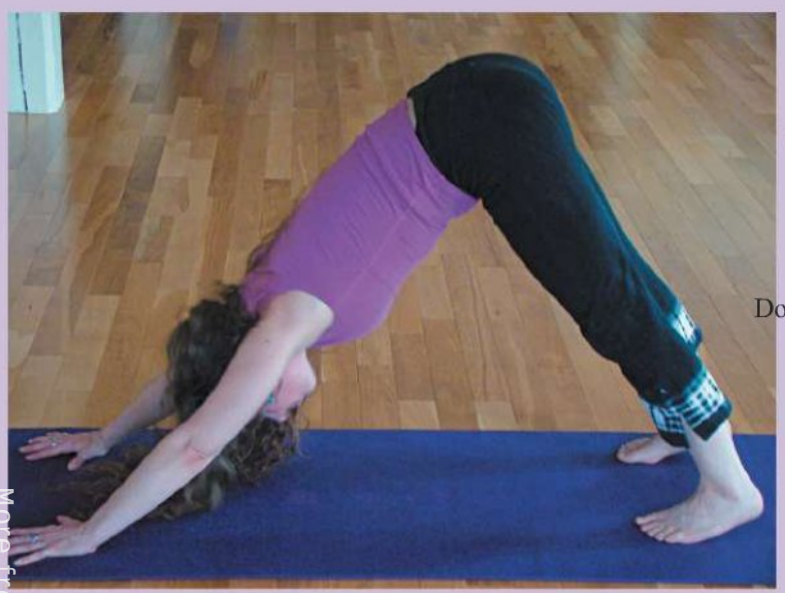
The Solar Plexus Chakra, *Manipura*, is the third chakra and is associated with the color yellow and the symbol of the ten-petal lotus flower. It is the home of our emotions and our desire for non-dominating power, energy, effectiveness, and spontaneity. It is the chakra center for overcoming inertia and controls the effect our emotions have on digestion and the regulation and distribution of energy in our body. An unbalanced solar plexus center can result in lack of self-esteem, depression, anger, and hesitancy in decision-making. A balanced Solar Plexus Chakra will activate our soul and enable us to be confident, focused, and comfortable with ourselves, transforming our emotions into soulful passions that will radiate outward.



Help balance the 3rd chakra with poses such as:
Sun Salutation (*Suryanamaskar*)
Warrior Poses (*Virabhadrasana*)
Bow Pose (*Dhanurasana*)
Downward Facing Dog (*Adho Mukha Svanasana*)
as seen here with Cyndi Harron.

Anahata, the Heart Chakra, is the fourth chakra. Located in the center of the chest, it is the joining point between the higher and lower chakras and is symbolized by the twelve-petal lotus flower and the color green. It controls our perceptions of love, emotions, compassion, and balance, and is related to the immune system where is can be adversely affected by stress. When the Heart Chakra is closed or unbalanced, we find ourselves experiencing feelings of anger, jealousy, envy, or fear. An open and balanced Heart Chakra will allow us to feel whole and connected to other beings, to understand unconditional love, to feel compassion for ourselves and others, to accept others as well as ourselves, and to feel the pulse that unites us with the universe. Experiencing this unconditional love can be the ultimate healing power.

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THE FIFTH CHAKRA IS THE THROAT CHAKRA OR *VISUDDHA*. Located at the base of the throat, the Throat Chakra is represented by the sixteen-petal lotus flower and the color blue. This chakra is our instrument of communication and allows us to express what is happening in our consciousness. If this chakra in not in balance we experience difficulty making decisions, expressing our personal thoughts and desires, and even physical manifestations such as swollen glands, dental problems, or a sore throat. An open and balanced Throat Chakra allows us to communicate truthfully and express our feelings, as well as our creativity. It addresses our need to be heard and understood, and to transmit and receive the truth through constructive communication and conscious listening.

Ajna, the Third Eye Chakra is the sixth chakra. Located in the center of forehead and symbolized by the two-petal lotus flower and the color indigo, it is the sight center where we find the home of the part of our consciousness that absorbs the knowledge of the outer world and externalizes the thoughts of our inner world. If we are having trouble balancing this chakra, we may find that we are experiencing headaches, nightmares, depression, or distorted concepts of reality, and lack of concentration. An open and balanced Third Eye Chakra will allow us to trust our intuition, help us to focus and allow us to see an unobstructed view of reality.

For the **Visuddha** blend I combined herbs that are tasty and soothing to the throat (Orange Peel, Lemon Peel, Hibiscus Flowers, Licorice Root, Pau d'arco, Papaya Leaf, and Spearmint Leaf) and chili peppers were added to bring heat to the throat. The heat of the chili peppers increases the flow of blood where it can begin healing and opening this center.

Ajna blend is comprised of *Lyciis* (goji berries) (which are said to nourish the liver and kidneys and are thought to improve vision and dizziness by nourishing these organs), Rosemary (traditionally used for improving memory and aiding brain functions), Lavender (used for its relaxing properties), Oatstraw (traditionally used for its circulatory benefits, which aid in healthy brain functions), and Rosehips (which are high in vitamins).

Sahasrara blend uses herbs for their purported circulatory benefits (oatstraw) and their relaxing qualities (chamomile and lavender) as well as nutritive all-over tonics (raspberry leaves), which are then blended with heady spices (vanilla, allspice, cloves, and sarsaparilla) to create a blend that is tasty and contemplative.

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Help balance the 7th chakra with poses such as:
Easy Pose (*Sukhasana*) as seen here with Cyndi Harron.
Eagle Pose (*Garundasana*)
Warrior III (*Virabhadrasana III*)
King Dancer Pose (*Natarajasana*)
Mountain Pose (*Tadasana*)

THE FINAL, SEVENTH CHAKRA THE CROWN CHAKRA, OR *SAHASRARA*, is located on the top of the head and is represented by the thousand-petal lotus flower and the colors of violet or white. It is the source of divine energy and self-realization and the union, bliss and empathy. If our Crown Chakra is blocked or unbalanced we may experience exhaustion and feelings of apathy, fear, purposelessness, or lack of inspiration. An open and balanced Crown center allows us to feel at one with the universe. It enables us to be open-minded, thoughtful and understanding and to experience enlightenment, inner harmony, and higher consciousness.

I think there is not just one method of living that will create overall good health. It must be a combination of things. So if we do our best to live our lives conscious in our choices, both through diet and exercise, there is a chance that we will be able to have the very best that life can offer us. I believe in the healing powers of herbs and yoga. And I believe that they will help to combat the times of stress and poor diet that sometimes comes with living in this fast paced 21st century.

Namaste!

These healthy "teas" are available in yoga studios, specialty shops and Whole Foods stores in the NorthEast and NorthAtlantic regions as well as from Simpson & Vail directly at www.svtea.com 1-800-282-8327.

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Perfect Brewing with Fine T

Jane Pettigrew explains why she loves her Fine T Machine so much.

Across the U.S. and around the world, the interest in loose leaf specialty teas is growing. Tea lovers everywhere are discovering the endless variety of black, green, white, oolong, and puerh teas produced in more than 40 countries and are excited by the beauty of the dry leaves, the amazing flavors and aromas that tantalize our palettes and seduce our taste buds. But most people now know that brewing these different types of tea demands different water temperatures and different steeping times, so brewing the leaves at home can be challenging. Many tea lovers have thermometers and timers at the ready so that they don't scorch or overbrew the leaves, but how much easier it is to now rely on the gourmet Fine T machine.

I've been living with my Fine T machine for a year and it has made my constant tea drinking so much easier. As I write I have a bowl of jasmine tea at my elbow and have been topping it up since I sat down to work today. This morning's first big mug of Assam tea was at 7 a.m. when all I had to do was pour some of the ready-brewed tea from the glass teapot that sits on the hotplate. I had set the machine ready last night, filled it with cold water, scooped in my favorite breakfast tea, and programmed in my wake-up time. No more looking for my glasses, fumbling in the cupboard for my caddy of tea, or having to fill the kettle! Each morning, at the appointed time, my pot of tea is there to greet me. Now today a couple of hours since breakfast, I'm onto refreshing jasmine and I've already refilled the water-heating chamber with a second lot of cold water, pressed the right buttons and am now enjoying a second pot of beautifully brewed tea—and not a thermometer or timer in sight!

I do still also brew tea in different teapots, but my machine helps me in so many situations. If I have a meeting at home, I can set the machine so that when my visitors arrive I can focus totally on them while Fine T brews the tea. I don't have to disappear to the kitchen, check the temperature of the water or set the timer. All I have to do is hand around the cups or bowls and everyone is so happy. If I am entertaining friends for dinner, I set the machine before they arrive and after the last morsel of the meal has been devoured, I press the right button and in a few minutes I can spoil my guests with a wonderful cup of tea.

The machine is programmed with eight differnet settings to allow it to brew pretty much any kind of tea you care to buy. It looks sleek and elegant, is really simple to use, and brews perfect tea every time.

For more information:
http://www.finet.us.com/

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Simple WATER solutions for BREWING tea by ZOJIRUSHI

ZOJIRUSHI is a leader in supplying excellent equipment to heat water for tea. The cordless electric kettle (CK-BAC10) automatically switches off when the water comes to a boil in just about five minutes. It has a double safety lock so that water may not be poured until one opens the lock. This sleek contemporary appliance takes up little space on your kitchen counter and makes preparing tea safe and easy.

We, at *TEA*, have often used ZOJIRUSHI'S Hybrid Water Boiler and Warmer (CV-DSC-40), especially for tutorials and large parties. It is ideal for brewing green, oolong, and black teas at different temperatures. Although the highest temperature display indicates 208° F the water temperature will reach 212° F then returns to a vacuum insulation keep warm mode of 208° F. Either a beep or a melody will alert you when the water has reached the boil. When brewing green or oolong tea select 195° F or 175° F. It has several saftey feautres: automatic shut-off, a lock on the water dispenser, and a swivel feature on the base.

Both products are convenient for also making a cup of instant noodles at work or home.

For more information:

www.zojirushi.com

Move Over Tea Aficionados, Here Comes Tea Enthusiasts

International Tea Study tour

Photographs by Pearl Dexter

In April 2009 a small group of my tea colleagues travelled with me to Sri Lanka and southern India. There I had the great pleasure of introducing them to many tea professionals that educated and entertained us as they imparted their vast knowledge of tea manufacturing and production. Words are not easy to convey the meaningful insight one receives on a trip like this. Each time I go to Sri Lanka and India and meet my friends in the tea estates, I am in awe of their generosity and eagerness to share their wealth of knowledge. My travel companions give a description of their experience. - Pearl Dexter

Judy with Raj at Kirkoswald Tea Estate, Sri Lanka.

ON PREVIOUS TRIPS TO SOUTH ASIA I had studied tea production in Sri Lanka and northern India (Assam and Darjeeling). During the five years since my last expedition to this region of the world, I have had intensive private study and participated in the certification program organized by the Specialty Tea Institute. This time I came in search of answers to a long list of detailed questions. Recognizing my deep interest in horticulture, our hosts from Sri Lanka and India went to great lengths to share their knowledge. One has to go to the source and learn from the experts who have spent years in the teas industry. It cannot be learned through books.

To me, tea is not just two leaves and a bud. It is all about people—from those who cultivate the leaf to those who enjoy drinking its wonderful elixir—it brings people together from across the world. On this trip we had the opportunity to meet with all kinds of people ranging from international tea brokers, the passengers crammed into an Indian train (that was an adventure unto itself!), the school children on the estates and their dedicated teachers. Everyone welcomed us with great warmth and charm. The phrase *Artihi Devo Bhava* or "the guest is truly your god" is an aphorism for Indian hospitality and it certainly described how we were treated.

A sign posted in a Sri Lankan factory sums up my feelings so well — "Tea, A Gift to the World. The Best Drink Anywhere—Anytime. A Little Magic. A Little Legend." - Judy Larkin, Larkin Tea Company, Falling Waters, WV

THERE IS NO EXPERIENCE that I can possibly recommend more highly to tea professionals or passionate tea lovers than an opportunity to 'go to source' and visit a tea garden, tea estate, or tea farm. The tea growing regions of the world are beautiful, and when you get the opportunity to pluck tea leaves and observe the processing of those magnificent fresh leaves into a final product, tea will take on a whole new meaning for you. The feel of those leaves in your fingers, the aromas as they progress through wither and oxidation, and above all, the smell of the leaves being fired. It can truly be life changing.

Without a doubt what will separate this tea excursion in my memory from others, was the opportunity to share 'Tea Cui sine.' I have been teaching chefs and culinary students about tea and cooking with tea for years. While in India I was unexpectedly asked to teach a class on tea cuisine to a group of Indian chefs. It was a privilege and an honor to share my concepts and techniques and have since been in contact with the talented and creative chefs. I am very excited to see tea cuisine spread to a new continent. My most heartfelt thanks to Pearl Dexter and to Udayakumar of Glendale Tea Estates for bringing about this extraordinary opportunity for cultural and culinary sharing.

- Cindy Gold, tea sommellier The Boston Park Plaza & Towers, Boston, MA

Cindy teaching a tea cooking class in Coonoor, India.

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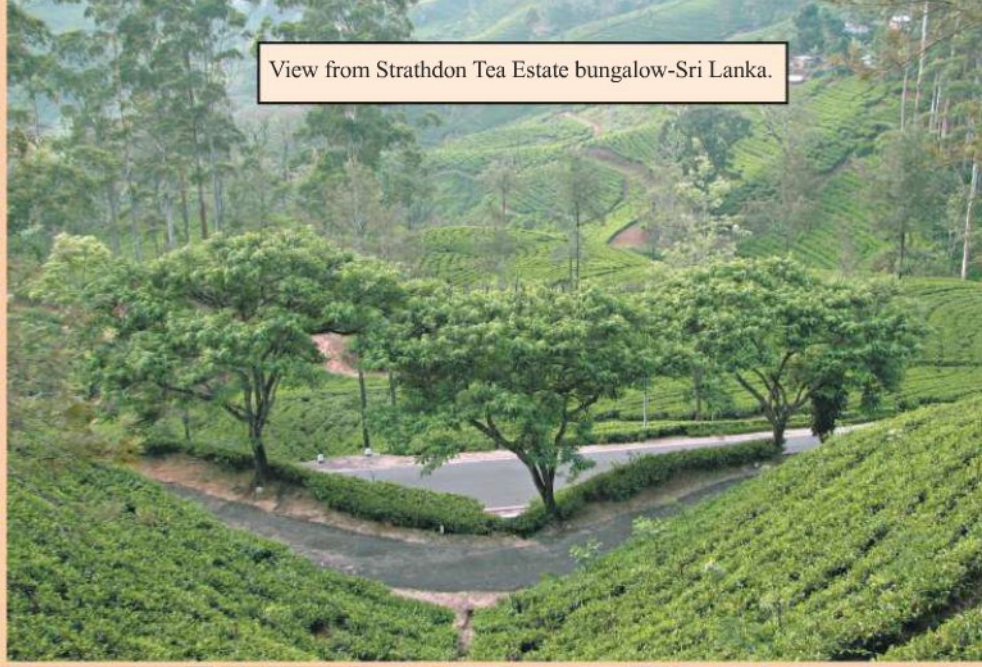
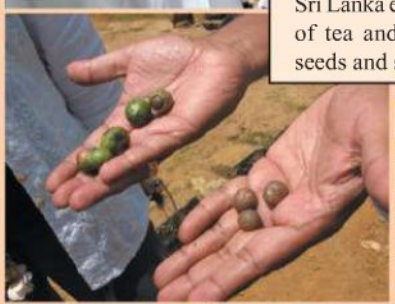


View from Strathdon Tea Estate bungalow-Sri Lanka.

Above: Sri Lankan tea Pickers on Kenilworth Estate. Flat Sarah posing with a tea picker.

Right: House manager and cooks at Strathdon Estate bungalow.
Right: Batik worker in Sri Lanka.
Bottom right: Anil Cooke explaining tea brokering.

Raj at Kirkoswald Tea Estate in Sri Lanka explains different grades of tea and shows cultivated tea seeds and seedlings.



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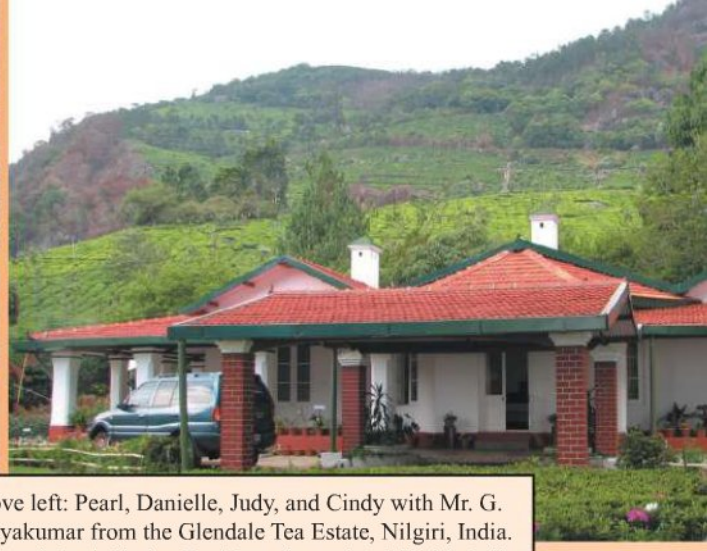
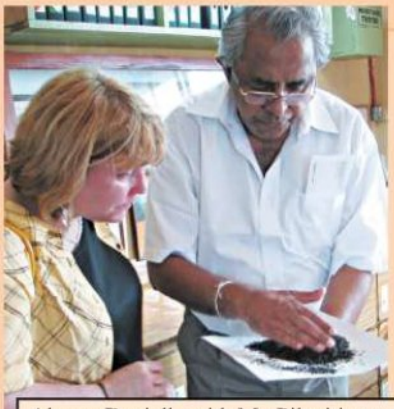
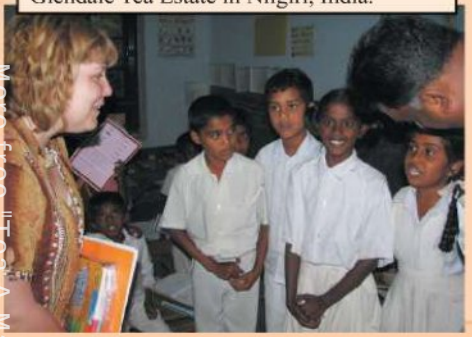


Above left: Pearl, Danielle, Judy, and Cindy with Mr. G. Udayakumar from the Glendale Tea Estate, Nilgiri, India.
Above right: Adderley Tea Estate bungalow-Nilgiri, India.



Above: Danielle with Mr. Pilapitiya at New Vithanakande Tea Estate in Sri Lanka.
Below: Danielle with school children at Glendale Tea Estate in Nilgiri, India.



IT'S NO SURPRISE THEY CALL SRI LANKA THE ISLAND OF DELIGHT with its tropical island weather and warm friendly greetings, *Ayubowan* (hello and long life) everywhere we went. In travelling the different tea estates, we stopped at roadside fruit stands, an old British-built Anglican Church, and a Batik workshop.

At the New Vithanakande Tea Estate, situated next to a rain forest in the beautiful mountains of Ratnapura, owner Navaratna Pilapitiya showed us how their tea is manufactured. My most tranquil experience in Sri Lanka was when we stayed at the beautiful Strathdon Tea Estate bungalow amid rolling hills of tea and a plethora of flowers. We awoke early to catch the magnificent sunrise on the veranda. A visit with Anil Cooke, President and CEO of the Asia Siyaka Commodities was enlightening as he explained the ins and outs of tea brokering .

Our stay in southern India in the Nilgiris was equally spectacular. Mr. Udayakumar from the Glendale Tea Estate made sure that our trip was exceptional from the moment we landed. We lodged in the middle of the tea fields at the Adderley Tea Estate bungalow. I was grateful to Mr. Udayakumar for the opportunity to begin international communications between the 5th grade class at the Glendale Tea Estate and our 5th grade class in Brookline, New Hampshire. We had a privileged tour of Glenmorgan Tea Estate with owner Rasik Vadera. Here, they produce a shiny gunpowder tea, along with other types of primary grade green tea.

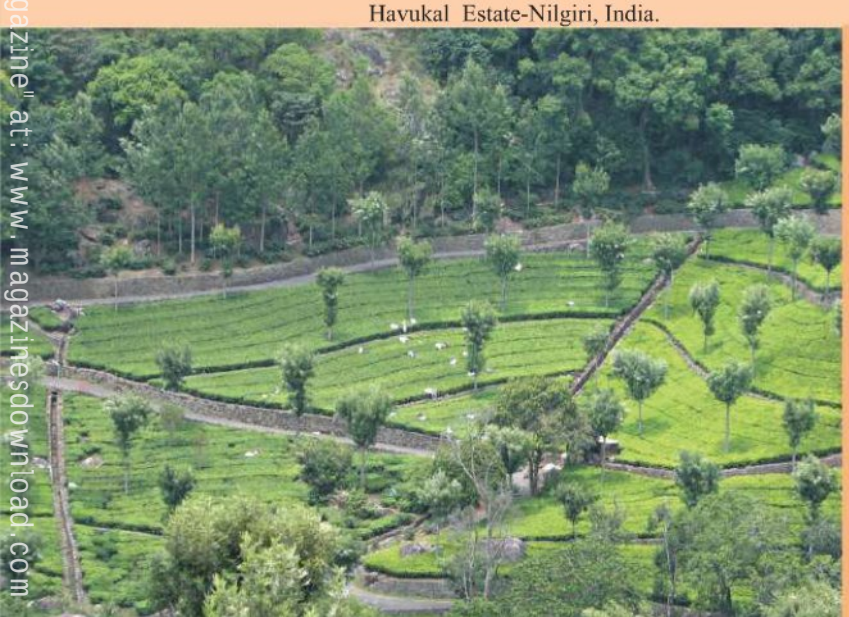
We met with the owner and manager of the Havukal Tea Estate. There are impeccably built rock walls that outline the crossroads of the tea fields with built-in stairways. Their Frost Tea was magnificent—slightly dry with hints of honey and a faint aroma of sweet flowers, almost like a lightly oxidized oolong.

Throughout our stay in India, we had the opportunity to have lunch with the owners of the tea estates in their homes. Their wives were gracious, hosting elaborate 8-10 course meals, and sharing with us stories of their work in India.

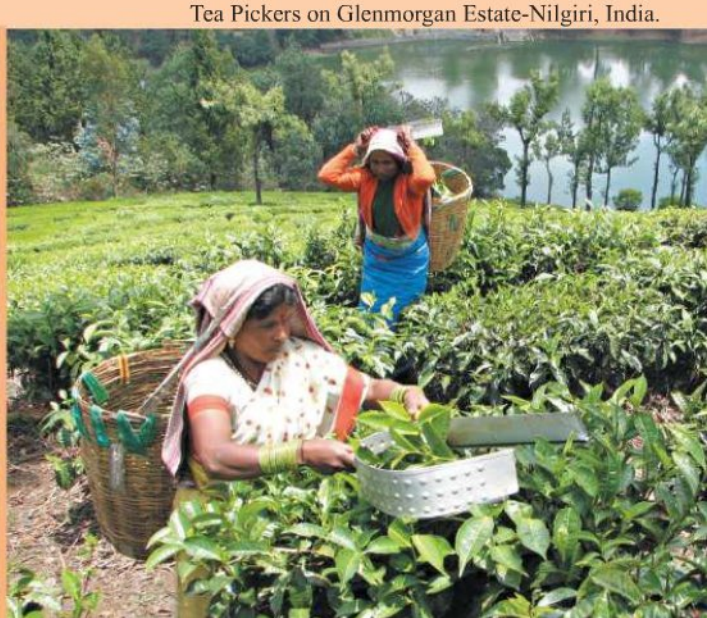
Namaste (the light in me bows to the light in you).

-Danielle Beaudette, Owner, The Cozy Tea Cart, Brookline, NH

Havukal Estate-Nilgiri, India.



Tea Pickers on Glenmorgan Estate-Nilgiri, India.



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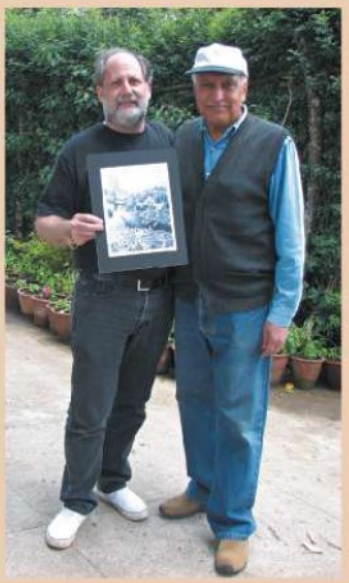
Julian with Mr. Rasik Vadera at Glenmorgan Estate - Nilgiri, India.



AS AN ARTIST, I WAS MOVED BY THE INCREDIBLE BEAUTY of the Sri Lankan and Indian mountain regions. As we drove up the narrow, winding roads, seeing the tea fields unfold was so magical, revealing its unique symmetry and patterns of the row of tea bushes. Although the trip through the tea factories were interesting, I felt the pull of standing in the fields, surrounded by many acres of beautiful landscape. This is where I could feel the energy of tea.

I also enjoyed meeting and talking with Raj in Sri Lanka and Kumar in India. Feeling their passion, I learned what made tea from this part of the world so unique. Taking photographs cannot completely capture the essence of the feeling and I hope to translate that into oil paintings inspired by the tea fields. I had been inspired in the past through photographs taken by my wife Cindy Gold, which resulted in my pencil drawing tribute to the beauty of the landscape. It was meaningful to me to share that work with a number of the people who made us feel so welcome. - JULIAN LANDA, ARTIST, ARLINGTON, MA

Pearl Dexter's Team: Different Cup of Tea!

by P. S. SUNDAR
Journalist based in Coonoor, India.

MEETING THE TEAM whom Ms. Dexter brought to the Nilgiris in April 2009 was a different cup of tea for me! Unlike hardcore importers, their delegation was not concerned with booking voluminous orders, but highly devoted to promoting Nilgiri tea in the $7.13 billion U.S. market where India's share, including instant tea, is 12 %. I was impressed with the way each member individually told me how they would promote Nilgiri tea.

Pearl recalled a fact which I had highlighted several times in my columns and lectures that the Nilgiris tea is less known in the U.S. market. The group held discussions with tea planters, factory owners, brokers, exporters, tasters, traders, and officials of the Tea Board of India and UPASI (United Planters Association of Southern India). Pearl informed me that through *TEA A MAGAZINE* they have been promoting single estate unblended Nilgiri teas—Adderley, Glendale, Glenmorgan, and Havukal estates.

Mr. G. Udayakumar, Executive Director, Glenworth Estate Ltd., who co-ordinated the visit, told me, "This is the first visit of its kind organized by Ms. Dexter to the Nilgiris. We are dovetailing several useful aspects in the visit—acquaintance with tea, spices, coffee, floriculture, vegetables, tea auctions, travel by Nilgiri Mountain Railway, visits to estate schools, and picnic spots. We are also providing opportunities for interaction between the delegates and hotel chefs, commercial restaurant owners, and housewives. More importantly, we are providing the visitors a chance to stay on estates."

Cynthia Gold, tea sommelier from Boston said that the Nilgiri tea is perfect for ideal pairing of tea with a dish before any meal. "The aroma and texture appeal of the tea is excellent. This can be used for tea cocktails, desserts, and savories, she explained. She held a three-hour session at Coonoor on 'Cooking with Tea' for chefs of star hotels and housewives. "I am pleased that they are looking forward to embracing tea cuisine. With the magnificent teas produced throughout India, it would be a shame not to honor these teas in the kitchen as well as the cup," she told me.

Danielle Beaudette who owns The Cozy Tea Cart in Brookline, New Hampshire, said that she is looking for importing single-estate unblended Nilgiri teas for selling in the US.

Judy Larkin, tea specialist, the Larkin Tea Company, said, "Nilgiri tea is best suited for iced-tea. I will create a passion for it among Americans."

Julian Landa, artist, served another cup of tea! He thrilled me as much as others with his captivating art-works created with a tea theme. He was all the while busy taking photos during his visit to the Nilgiri tea countryside. When he told me, "I am impressed with the tea scenery here. I will promote Nilgiri tea through my art," I knew it would be yet another value-addition.

I was equally impressed with the delegates' interaction with the children of estate workers at Glendale Primary School where they presented gifts. The memo book from the children of Captain Samuel Douglas Academy in Brookline, New Hampshire, which they gave to the school, was so motivating that the Glendale school returned their production of similar work. "We have decided to build a pen-pal club to enable the children of plantation workers a link with students of American schools. The e-mail exchange will be through the teachers and the objective is to open global windows for tea estate children," Udayakumar announced.

That's why I say, the visit of this team gave me a different cup of tea!

Left: Danielle, Judy, P. S. Sundar, Julian, Cindy, and Pearl at Tranquilitea garden in Coonoor, India. Photograph courtesy of P. S. Sundar.

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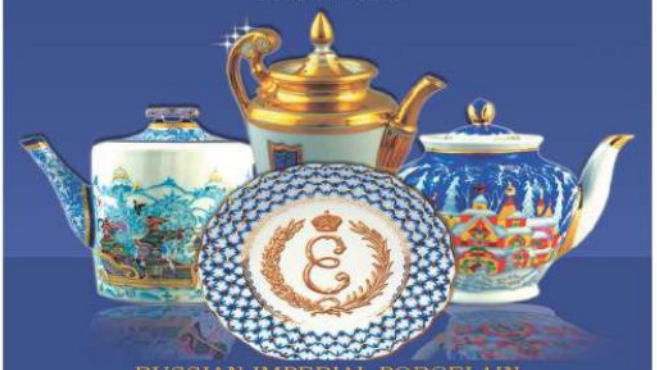

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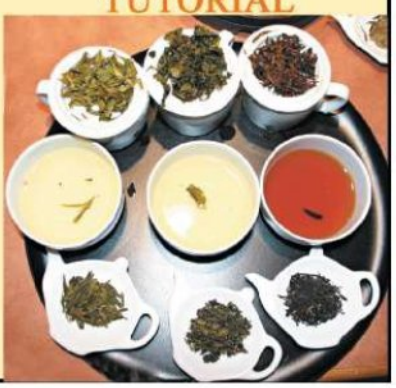

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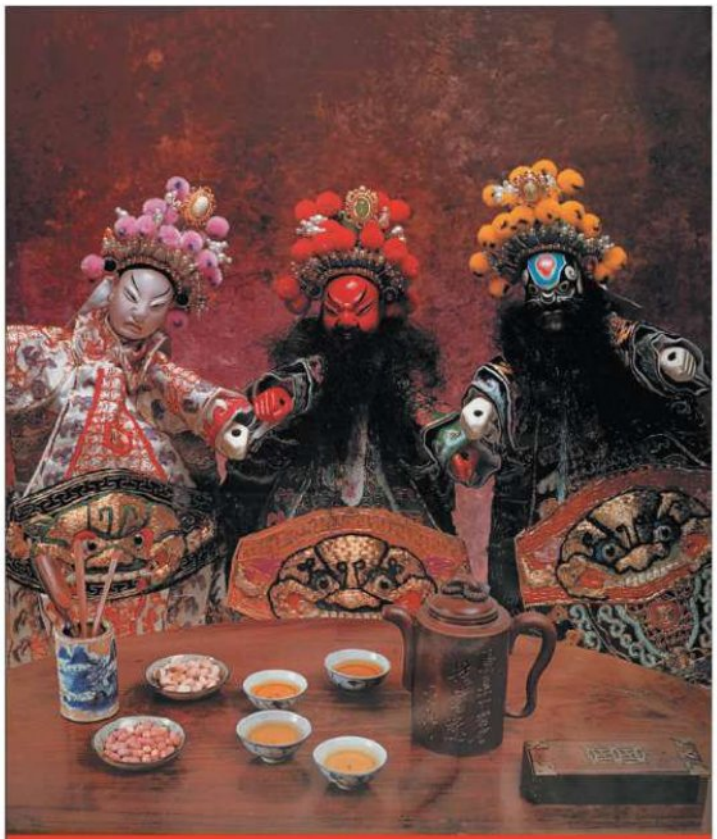

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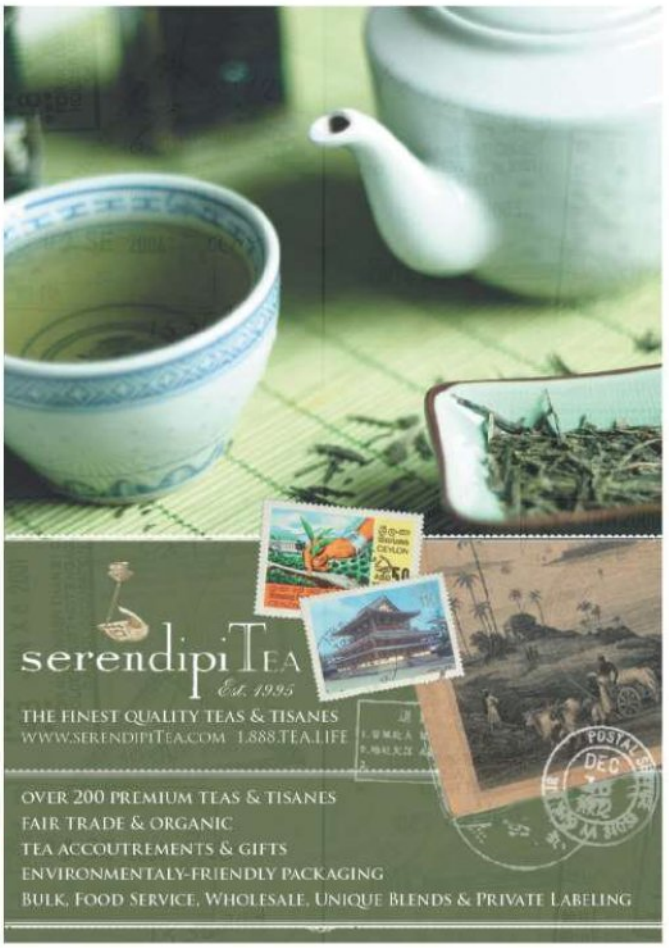
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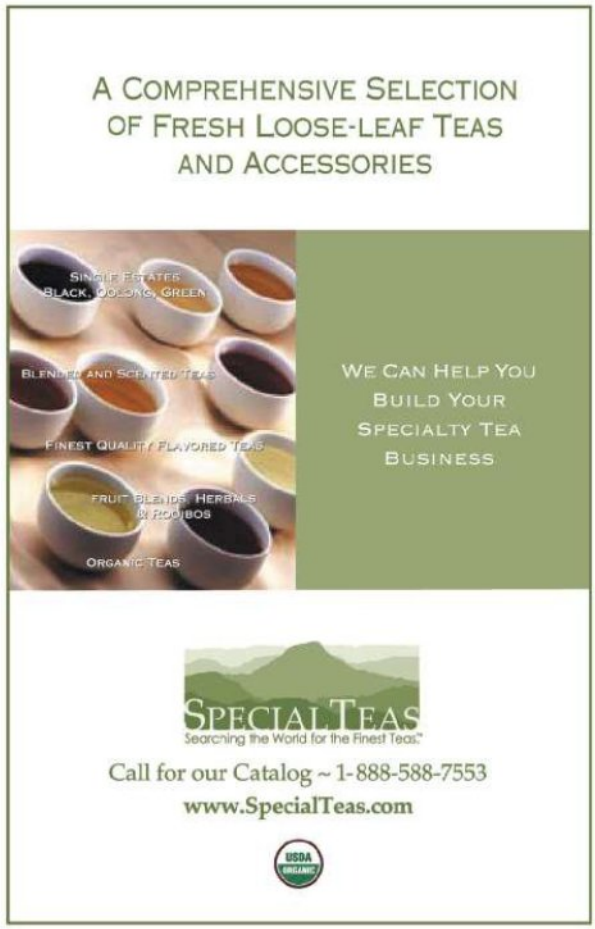
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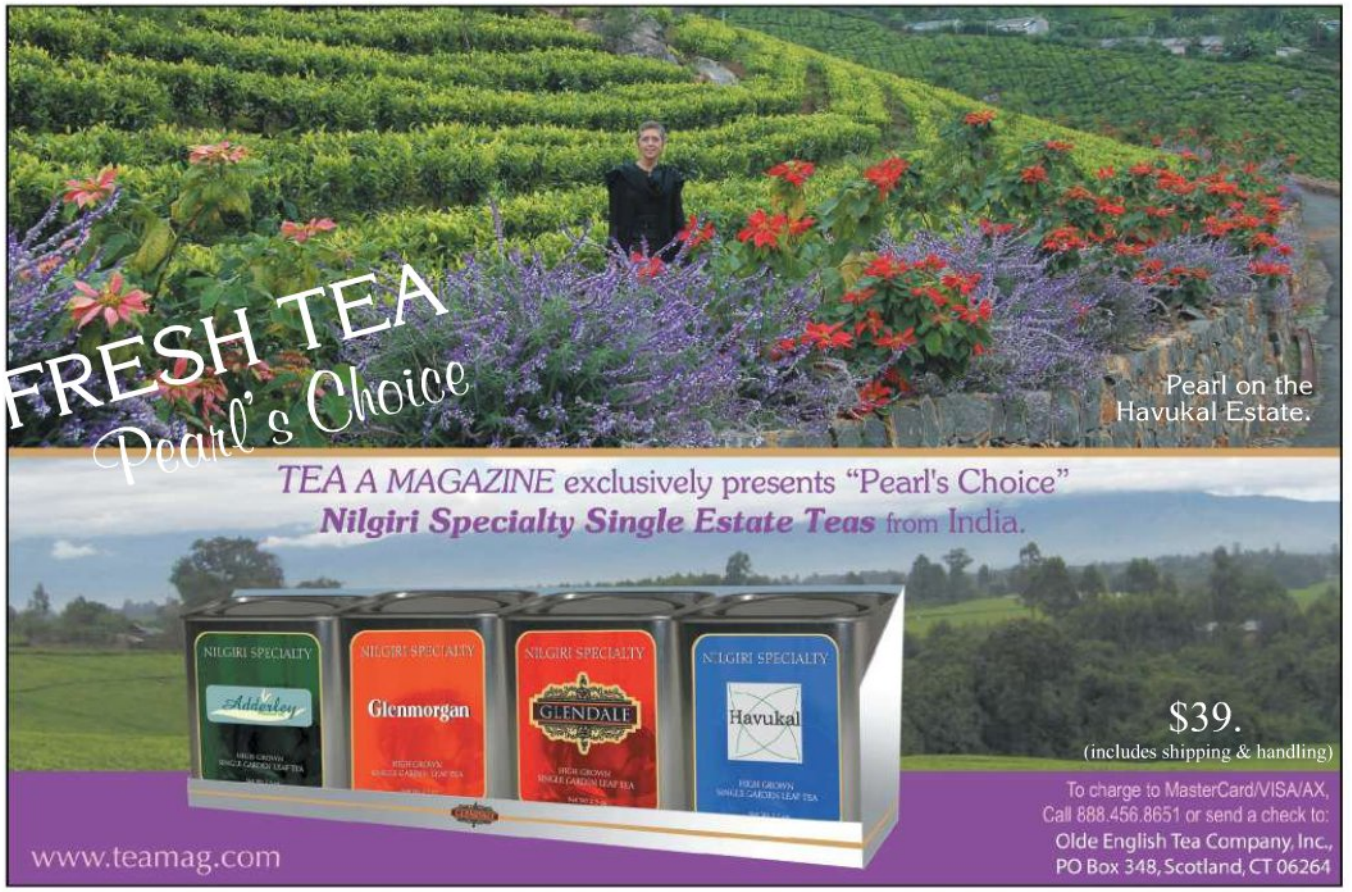

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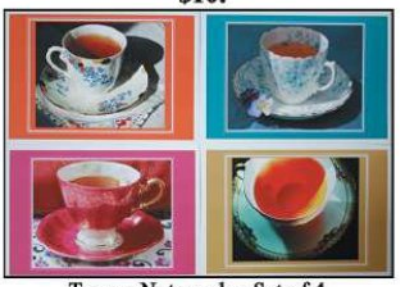

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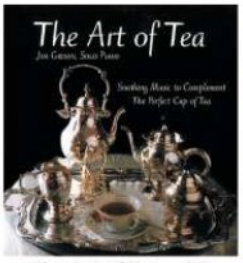

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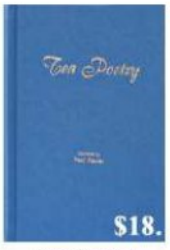

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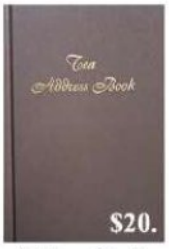

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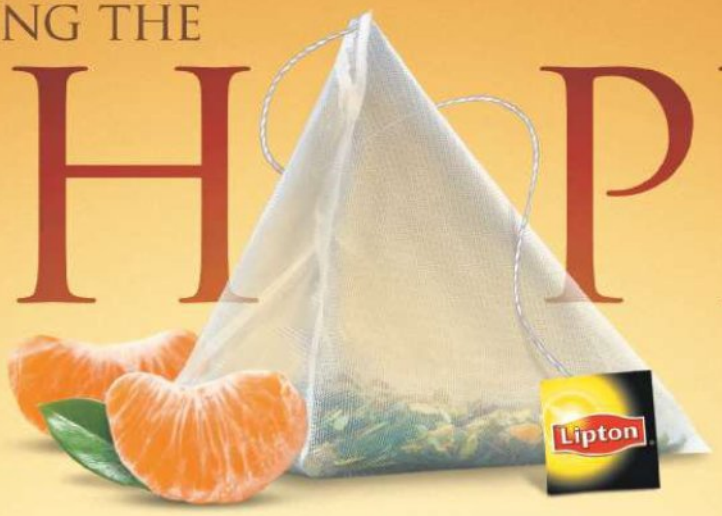

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